

5 Day Deep Restore Gut + Liver Flush.

Best for: Bloating, sluggish digestion, skin that won't clear, post-indulgence recovery, elevated liver enzymes

Daily Liver Aid: Concentrated cold-pressed juice with milk thistle, dandelion, beetroot and turmeric — formulated to support bile flow, reduce liver inflammation and accelerate cellular regeneration.

Menu Below

Phase 1 - Days 1–2 - The Gut Flush

Day 1

6–7am	Turmeric Root Shot	Turmeric Root, Ginger, Indian Gooseberries, Orange. Clinical Function: <i>Activates anti-inflammatory pathways; supports gut microbiome balance; enhances curcumin bioavailability through piperine; primes digestive function and nutrient assimilation.</i>
9am	Sweet Kale Juice	Kale, lemon, apple. Clinical Function: <i>Provides vitamin C for collagen synthesis; delivers antioxidants and polyphenols to reduce oxidative stress; supports skin, connective tissue, and immune function.</i>
11am	Strawberry Basil lemonade Juice	Water, Strawberries, Monk fruit, lemon, Basil. Clinical Function: <i>Supplies vitamin C and flavonoids that support collagen cross-linking; promotes antioxidant protection; supports hydration and cellular repair processes.</i>
1pm	Orange Turmeric Juice	Orange, apple, lemon juice, black pepper, Aloevera. Clinical Function: <i>Supports immune function through vitamin C; enhances anti-inflammatory activity via curcumin and piperine; aloe vera may support gastrointestinal comfort and mucosal integrity.</i>
3pm	Citrus 3 Juice	Grapefruit, apple, mint. Clinical Function: <i>Promotes hydration and antioxidant defense; provides vitamin C and plant polyphenols; mint may assist digestive comfort and gastric motility.</i>
5pm	Butternut Carrot Juice	Butternut carrot, beetroot, lemon, carrots, spinach, parsley, ginger, kale, apple. Clinical Function: <i>Delivers carotenoids, nitrates, and phytonutrients that support vascular health, antioxidant defense, and cellular repair; provides broad-spectrum micronutrient replenishment.</i>
7pm	Almond Milk	Sprouted Almonds, date paste, vanilla, himalayan pink salt, filtered water. Clinical Function: <i>Provides magnesium, healthy lipids, and gentle satiety for overnight cellular repair.</i>

Day 2

6–7am	Liver Detox Shot	Beetroot, Carrot, Agave, Neem, Ashwagandha, E3 Live Cayenne, Lemon, Ginger. Clinical Function: <i>Stimulates digestion, hydration, antioxidant support, may increase bile flow (lemon, ginger, beetroot), metabolic stimulation from cayenne.</i>
9am	Karma Ayurveda Juice (Added Holy basil and Neem)	Chia seeds, Blue berries, pineapple, strawberries, Spinach, Pure Aloe Vera, Indian gooseberry. Clinical Function: <i>Antioxidant support, vitamin C replenishment, hydration, gut support from aloe, omega-3s from chia, immune support from amla and tulsi.</i>
11am	Bhakti Ayurveda Juice (Added Triphala)	Cucumbers, Coconut water, lemon, Pure Aloe, Pineapple, mint, apple, Brain tonic. Clinical Function: <i>Electrolyte replenishment (coconut water), digestive support, hydration, bowel regularity support from triphala and aloe.</i>

1pm	Dnyan Ayurveda Juice (Added Turmeric Limestone)	Lemon, Filtered water, Activated charcoal, Raw Organic honey. Clinical Function: <i>Digestive reset period; charcoal may bind certain compounds in the gut, lemon provides acidity, honey provides quick energy.</i>
3pm	Vatta Ayurveda Juice (to balance the Vatta Dosha)	Beetroot, carrots, cherries, lime filtered water and New added Psyllum Husk. Clinical Function: <i>Fiber supplementation from psyllium, hydration, blood sugar stabilization compared with juice alone, supports bowel movements.</i>
5pm	Kapha Ayurveda Juice (to balance Kapha Dosha)	Cucumber, spinach, kale, Acai powder, blue berries, raspberries, Raw Organic honey and Newly added homemade apple cider. Clinical Function: <i>High antioxidant intake (berries, acai), mineral replenishment from greens, digestive support from apple cider vinegar.</i>
7pm	Almond Milk	Sprouted Almonds, date paste, vanilla, himalayan pink salt, filtered water. Clinical Function: <i>Provides magnesium, healthy lipids, and gentle satiety for overnight cellular repair.</i>

Phase 2 - Days 3–5 - The Liver Flush

Day 3

6–7am	Turmeric Root Shot	Turmeric Root, Ginger, Indian Gooseberries, Orange. Clinical Function: <i>Activates anti-inflammatory pathways; supports gut microbiome balance; enhances curcumin bioavailability through piperine; primes digestive function and nutrient assimilation.</i>
9am	High Protein Alkaline Power Smoothie	turmeric, spinach, watercress, avocado, capsicum, coriander, coconut water, pinch of cayenne and salt, green banana flour and flax seeds. Clinical Function: <i>Satiety support • Fiber support • Supports digestive regularity • Micronutrient intake • Sustained energy support.</i>
11am	Detox Tonic Lemonade Juice	Lemon, Blue Sprulina, Milk thistle, agave. Clinical Function: <i>Hydration support • Antioxidant support • Supports normal liver function • General wellness support.</i>
1pm	Gravity Glow Juice	cucumber, apple, ginger, mint, and lemon juice. Clinical Function: <i>Hydration support • Antioxidant support • Digestive comfort support • Vitamin intake.</i>
3pm	Butternut Squash Orange Lemon Juice	Butternut Squash, Orange, Beetroot, lemon, spinach, parsley. Clinical Function: <i>Antioxidant support • Supports eye and immune health • Micronutrient replenishment • General vitality support.</i>
5pm	Afterparty Juice	beet root, carrot, ginger, apple and lemon. Clinical Function: <i>Circulatory support • Exercise recovery support • Antioxidant support • Energy support.</i>
7pm	Cold Crusher Juice	Carrots, Orange, lemon, ginger, parsley. Clinical Function: <i>Immune system support • Hydration support • Antioxidant support • General recovery support.</i>

Day 4

6–7am	Liver Detox Shot	Beetroot, Carrot, Agave, Neem, Ashwagandha, E3 Live Cayenne, Lemon, Ginger. Clinical Function: <i>Stimulates digestion, hydration, antioxidant support, may increase bile flow (lemon, ginger, beetroot), metabolic stimulation from cayenne.</i>
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9am	High Protein Beetroot Smoothie	beetroot, blueberries, pineapple, vegan high protein cashew cheese, almond milk, green banana flour and flax seeds. Clinical Function: <i>Protein support • Satiety support • Muscle recovery support • Digestive health support • Gut microbiome support • Sustained energy support • Antioxidant support • Fiber support • Micronutrient replenishment • Cardiovascular wellness support.</i>
11am	Bhakti Ayurveda Juice (Added Triphala)	Cucumbers, Coconut water, lemon, Pure Aloe, Pineapple, mint, apple, Brain tonic. Clinical Function: <i>Electrolyte replenishment (coconut water), digestive support, hydration, bowel regularity support from triphala and aloe.</i>
1pm	Dnyan Ayurveda Juice (Added Turmeric Limestone)	Lemon, Filtered water, Activated charcoal, Raw Organic honey. Clinical Function: <i>Digestive reset period; charcoal may bind certain compounds in the gut, lemon provides acidity, honey provides quick energy.</i>
3pm	Vatta Ayurveda Juice (to balance the Vatta Dosha)	Beetroot, carrots, cherries, lime filtered water and New added Psyllum Husk. Clinical Function: <i>Fiber supplementation from psyllium, hydration, blood sugar stabilization compared with juice alone, supports bowel movements.</i>
5pm	Kapha Ayurveda Juice (to balance Kapha Dosha)	Cucumber, spinach, kale, Acai powder, blue berries, raspberries, Raw Organic honey and Newly added homemade apple cider. Clinical Function: <i>High antioxidant intake (berries, acai), mineral replenishment from greens, digestive support from apple cider vinegar.</i>
7pm	Green Juice - Braniac - Slender Green	Spinach, Cucumber, Parsley, Lemon, Apple, Celery. Clinical Function: <i>Hydration support • Antioxidant support • Digestive support • Micronutrient replenishment • Fiber support (if blended) • General wellness support • Satiety support • Supports normal fluid balance.</i>

Day 5

6–7am	Turmeric Root Shot	Turmeric Root, Ginger, Indian Gooseberries, Orange. Clinical Function: <i>Activates anti-inflammatory pathways; supports gut microbiome balance; enhances curcumin bioavailability through piperine; primes digestive function and nutrient assimilation.</i>
9am	Visceral Fat Burn Smoothie	Spinach, Plant Protein, Almond Mylk, Green Banana Flour, Collagen, Blueberries, Broccoli, MCT Oil, Vanilla, Blue/Green Spirulina, broccoli sprouts, walnuts. Clinical Function: <i>Protein support • Satiety support • Supports healthy body composition • Muscle recovery support • Gut microbiome support • Fiber support • Antioxidant support • Sustained energy support • General metabolic wellness support.</i>
11am	Earth Nectar Juice	Watermelon, apple, lemon, turmeric. Clinical Function: <i>Hydration support • Antioxidant support • Vitamin support • Digestive support • General wellness support.</i>
1pm	Spa Day Juice	Honeydew, Cucumber, Coconut Water, Lemon. Clinical Function: <i>Hydration support • Electrolyte support • Fluid balance support • Digestive comfort support • Refreshment and recovery support.</i>
3pm	After Math with the goodness of Milk Thistle Juice	Orange, Ginger, Aloe, Basil Oil, Milk Thistle. Clinical Function: <i>Antioxidant support • Supports normal liver function • Digestive support • Hydration support • General recovery support.</i>
5pm	Master Cleanse Juice	Pineapple, Turmeric, Lemon, Pepper. Clinical Function: <i>Digestive support • Antioxidant support • Supports normal inflammatory response • Vitamin C support • General wellness support.</i>

7pm	Chill-Pill with Vegan Probiotic Juice	Pineapple, Lemon, Butterfly pea flower, Chamomile, Ashwagandha, Coconut Milk, Vegan Probiotic. Clinical Function: <i>Gut microbiome support • Relaxation support • Digestive support • Hydration support • General stress resilience support • Recovery support.</i>
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Total Daily Liver Aid Delivery

3,000mg Concentrated Plant Actives / Day

Distributed across 3 doses — morning shot, midday juice, evening flush — timed to align with your liver's natural detoxification cycles.

Why This Flush Works

Milk Thistle + Dandelion Root → Stimulate bile production and support liver cell regeneration — the two most clinically studied plant compounds for liver repair.

Beetroot + Lemon → Activate Phase 2 liver detoxification pathways, helping the liver convert and eliminate stored toxins more efficiently.

Ginger + Turmeric + Black Pepper → Reduce gut and liver inflammation simultaneously — black pepper increases turmeric bioavailability by up to 2,000%.

Aloe Vera + Slippery Elm → Repair and seal the gut lining, reducing intestinal permeability that allows toxins to re-enter the bloodstream.

Prebiotics + Digestive Enzymes → Rebuild the microbiome from the gut wall outward, restoring the bacterial balance that controls digestion, immunity and energy.

Electrolytes + Coconut Water → Maintain cellular hydration throughout the flush, preventing fatigue and supporting kidney function as toxins are eliminated.

The Two Phases

Phase 1 • Days 1–2 • Gut

- Gut Aid Shot each morning
- Anti-inflammatory gut juices
- Prebiotic smoothies
- Aloe and ginger flush
- Evening gut seal drink

Phase 2 • Days 3–5 • Liver

- Liver Aid Shot each morning
- Dandelion & milk thistle juice
- Liver-support smoothies
- Beetroot & lemon flush
- Evening liver calm drink

What You'll Notice

- Significant reduction in bloating — typically by Day 2
- Skin that begins to clear and brighten — liver and gut health show on your face
- Lighter feeling in your abdomen — particularly around the right side where your liver sits
- Sleep that feels deeper and more restorative
- Reduced cravings for sugar, caffeine, and heavy food
- Energy that feels clean — not the kind that crashes

This Reset Is For You If

- You've already done a 3-day gut reset and want to go deeper
- You drink alcohol regularly or eat out frequently in Dubai

- Your skin is dull, puffy, or breaking out — especially around your chin and jaw
- You feel heavy after meals even when you haven't eaten a lot
- You've been told your liver enzymes are elevated or your digestion is sluggish
- You want real results, not a one-day fix

Honest Note

Day 3 is usually the hardest. Your liver is working hard and some people feel tired, have a headache, or feel emotional. This is normal — it's your body processing what it's been holding onto. The GoOrganic team checks in on Day 3 specifically because of this. Push through. Day 4 is when people usually say they feel the shift.

Note: Every ingredient in the Deep Intensive is sequenced by phase — gut-targeted actives dominate Days 1 and 2, liver actives take over from Day 3. This is not a random juice blend. It is a deliberate two-phase biological protocol.

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This protocol is a structured nutritional cleanse. Consult a healthcare professional before beginning any cleanse program.